

INSIDE:- EXCITINGLY DANGEROUS GAME!

Q'NICKY!

No 19

TWICE WEEKLY JANUARY 10th to 23rd 1981

SPECIAL
**KEEP
FIT**

ISSUE

30P

R. SINGAPORE 85c
NEW ZEALAND 99c
(inc GST)
MALAYSIA 580

MUSCLE
BRAIN

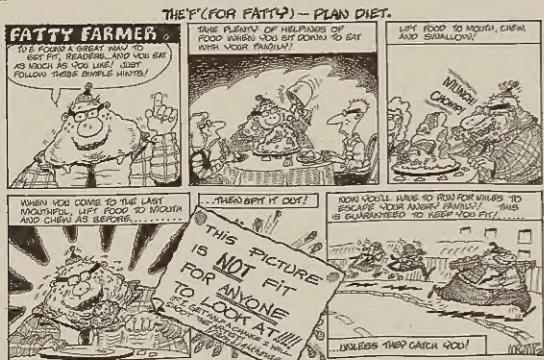
PUMPIN' PIG-IRON !

Arnold
Schwarzenegger in

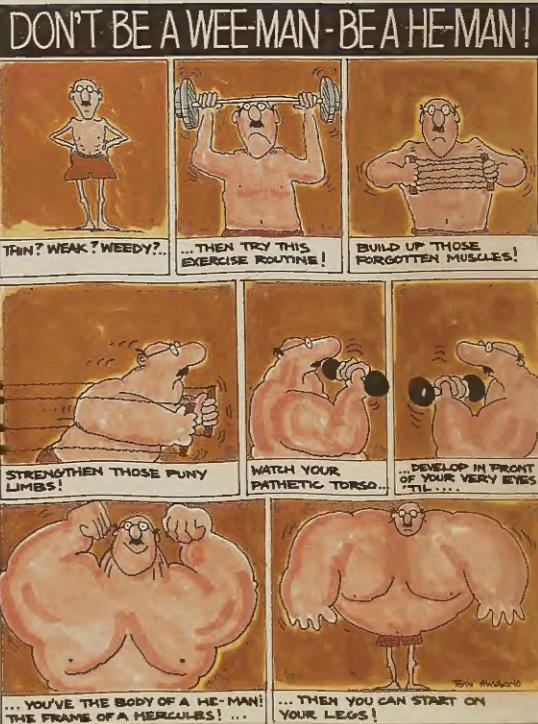


**HECTOR AND HIS
T.A.L.K.I.N.G.
T-SHIRT**





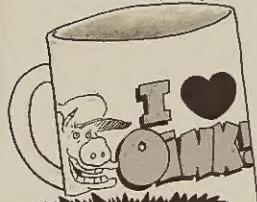
MUESLI MAN



Uncle Pigg Says, "Don't be a Mug-buy one!"

Get this handsome Mug featuring my handsome Mug! One size fits all Mugs! Fully Washable! Can't be bought elsewhere! Send your Money (Postal orders/cheques) to me at: THE OINK! CLUB, 99 CHURCH ST. TEWKESBURY, GLOUCESTERSHIRE, GL20 5RS.

→ 99 CHURCH ST. TEWKESBURY, GLOUCESTERSHIRE, GL20 5RS. ←



Only £3.00 (or £2.65 for Pig Pack members).
Prices quoted include postage & packing.
Right not available to readers in EIRE
and overseas with us.

Name _____
Address _____
Number of Mugs required _____
State if 'PIG PACK' member (Yes or No) _____
If 'yes', state membership number _____
Cheques or postal orders to be made payable to: THE OINK! CLUB
Amount enclosed _____
State if cheque or postal order _____
Please allow 28 days for delivery

THE OINK! NEW YEAR AWARDS

Altogether there are ten categories listed below. To vote, simply write down whoever you think deserves the honour of winning each separate category. The categories are:-

- | | |
|--|--|
| 1 The World's Biggest Wally. | 6 The World's Dirtiest Footballer. |
| 2 The World's Worst Pop Group. | 7 The World's Unfunniest Comedian. |
| 3 The World's Ugliest Person. | 8 The World's Worst TV Programme. |
| 4 The World's Most Irritating DJ. | 9 The World's Worst Dressed Man/Woman. |
| 5 The World's Worst Pop Record of 86/87. | 10 The World's Worst Comic. |

Send your votes to Uncle Pigg Awards, P.O. Box 35, Hyde, Cheshire, SK14 5NB.



hello, readers....frank sidebottom here.

you know that saying.....

"you are what you eat" ...?
rubbish! ... if that were true
i would be a great big plate
of fish fingers with tomato
ketchup all over me.... and as
you can see from this photo of
me... my dressing gown... i am
not... but food is very,very,very
important in keeping fit... so
follow this diet-in-a-day plan.

★ wake up and shout for your
mum to blind you a very
vera big cup of tea with
25 sugars in it, as sugar
gives you energy... and loads
of tea will
keep you
running.



up and down the stairs... thus
exercising your legs.
★ next... eat a chocolate
biscuit and put your big
dressing gown on...
repeat this 100 times
as biscuits build up your
teeth muscles and your
dressing gown strengthens
your arms (i think).

frank's "i wish i had one of those punch balls" strip cartoon!



SCOUTING for BOYS

THE PADEN-BOWELL GUIDE TO HEALTHY LIVING



1. An early start is essential. Lying-awake after 5 a.m. can bring on mental diseases, warts and an attack of colds.



2. Healthy children awake with a song in their hearts. A rousing chorus of Rule Britannia as you the ceases that you start the day with the correct mental attitude.



3. Cleanliness is next to hygene... so use plenty of carbolic soap, shampoo, and a vigorous abrasive rub... then, when you've finished cleaning your teeth they can go on to the rest of your body.



4. A 5 mile run before breakfast will inspire you. If you have a pet, take him along... a long bear friend loves exercise!



5. After a heavy breakfast, exercise is recommended to clear the digestive tract. A good daily programme is 30 push-ups, 200 pull-ups, 50 sit-ups, and 1 throw-up.



6. Finally, a healthy mind is as important as a healthy body. Should you find yourself thinking wicked thoughts...



...a cold shower often helps!

HE'S RIGHT FOR ONCE, CHAPS!

THE GOLDEN TROUGH AWARDS

THIS TALE OF A FATHER AND HIS EXERCISE BIKE AND TURNED INTO A BIZARRE STORY OF TIM AND CRIMINALS JACK SPREADER AND THE PEDALLER IN TIME.

WE FOUND HIMSELF WHISKED BACK IN TIME TO BE CONFRONTED BY A NASTY-LOOKING BUNCH OF PREHISTORIC CAVE MEN.



WHAT'S THE POINT, TOM? THAT BIKE WON'T MAKE YOU SLIM. YOU'RE TOO FAT!

BUT AS TOM PEDALLED FASTER, THE ROOM BEGAN TO VIBRATE AND FADE AWAY.



THEY CAPTURED TOM AND THEY PUT HIM IN A POT TO COOK FOR THEIR SUPPER.



BUT AS THEY SLEPT... TOM DECIDED TO BREAK AWAY AND MAKE A RUN FOR IT.

AS HE RAN THE CAVE MEN GAVE CHASE.

THEY PURSUED HIM FOR MANY MILES.



TOM SAW HIS BIKE AND WITH ONE HUGE LEAP WAS ABOARD IT. HE PEDALLED MADLY.

AGAIN THE SURROUNDINGS VANISHED.

THEN HE WAS HOME, BUT THE STRANGE ADVENTURE HAD LEFT MORE STONES FROM HIS HUGE FRAME...

TONY HUSBAND

AND AGAIN IT'S...

Roger Rental - He's really MENTAL!

AHEM!



LONGUE OUT PLEASE



I DON'T PEEL MY WOOD DOCTOR



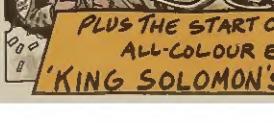
ROGER RENTAL



BLAM



BLAM



OH ORKEY!!



BOOM!



NO MAN NO LAW NO LIGHTHOUSE CAN STOP IT!
OINK 20 'BLAZING BATTLE' ISSUE

Exploding all over your newsagents from January 24th



GBH FITNESS PRODUCTS

GET THE
NEW WORKOUT
WONDER!

1001
USES!

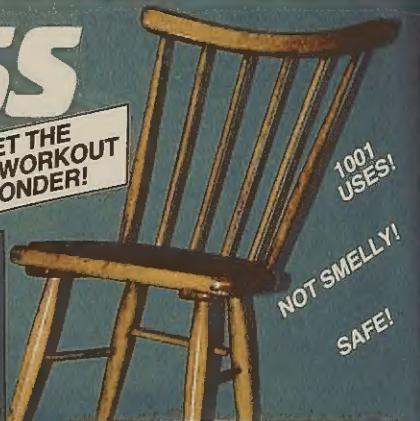
NOT SMELLY!
SAFE!



Running round and round the M.P.E.T. tones up your circulation!



Jumping on and off the M.P.E.T. trains you for those tricky parachute jumps!



DEVELOPED BY TOP SCIENTISTS WORKING DAY AND NIGHT FOR ALMOST 14 MINUTES, THE MULTI-PURPOSE EXERCISE TOOL (M.P.E.T.) IS A TRULY REVOLUTIONARY PIECE OF FITNESS TECHNOLOGY!



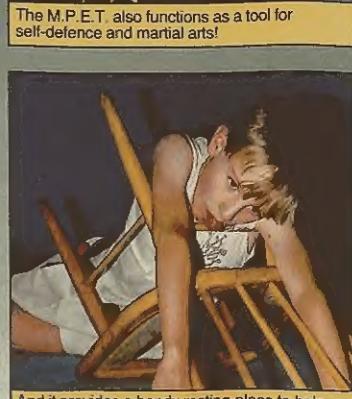
The M.P.E.T. also functions as a tool for self-defence and martial arts!



The M.P.E.T. lifting routine gets your arms into condition!



For advanced training, extra weight can be added!



And it provides a handy resting-place to help you overcome post-workout fatigue!

ALSO AVAILABLE

INSTANT SUNBED KIT!



Keep that healthy, outdoor look all year round! No dangerous electrical equipment needed!
Kit contains: One hammer for bashing a hole in your bedroom ceiling.

PLEASE SEND

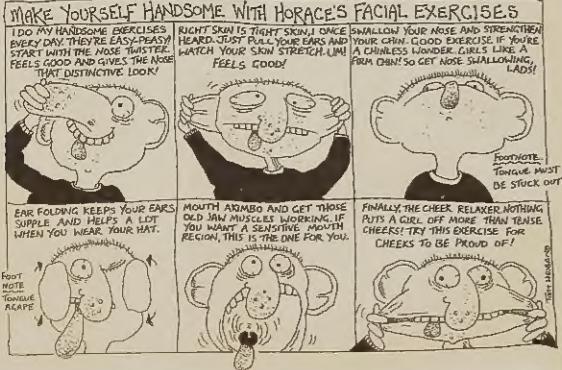
- M.P.E.T.(s) @ £987
 Sunbed kit(s) @ £324

Postage and packing £300 extra

NAME _____

ADDRESS _____

HAT SIZE _____



OINK! T-SHIRT MODEL CONTEST!

Are you FIT to wear it?



Uncle Pigg's been looking for an attractive model to wear his exclusive T-shirt - but he's been unable to find anyone he could send up to show that YOU can help out! Send a photograph of yourself wearing ANY T-shirt! The entrant that Uncle Pigg decides is the 'most attractive' will receive a FREE OINK! T-SHIRT plus the chance to wear it in

adverts in the world's greatest comic! Send photos to: T-SHIRT CONTEST, P.O. BOX 35, HYDE, CHESHIRE SK14 3NS.

(If you don't win, you can still get a T-shirt! An order coupon will appear next issue.)

TOM THUG



YOGA FOR PIGS

KEEP FAT WITH THE GREEN BLOBESS

BY
ROB
GREEN
BLOBESS

Here's how to keep that youthful, enticing piggy figure! Just follow these simple exercises.



A) THE CAT



① sit up straight with your trotters to the side



② raise right arm and stretch as far as you can to the left



③ collapse you are now in the ideal position for a 12-hour cat nap

B) THE LOTUS POSITION

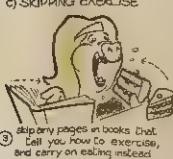


① get into a Lotus (or any other type of car)



② drive to the nearest restaurant and make a pig of yourself!

C) SKIPPING EXERCISE



③ skip any pages in books that tell you how to exercise, and carry on eating instead

D) ADVANCED YOGA



① place left trotter behind your head, and hook your elbows around your knees



② do the same on your right-hand side.



③ you are in the perfect position to scat around the floor and suck up all the crumbs of food that people have dropped



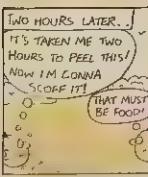
HARRY THE HEAD'S BIG ADVENTURE

HAVING BEEN RID-
NAPPED BY THE MAD
PLONKO MONSTERS
FROM OUTER SPACE,
HARRY IS NOW ON
BOARD THE PLONKO
SPACECRAFT WITH
HUNDREDS OF HARRY
CLONES ON A MISSION
TO CONQUER
EARTH! WILL THEY
SUCCEED?..

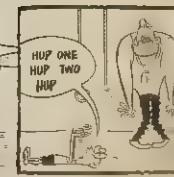
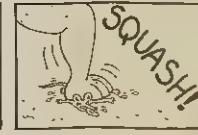
WE WILL BE LANDING SHORTLY! YOUR FULL CO-OPERATION WILL BE REQUIRED FOR OUR PLAN TO SUCCEED! YOU WILL CO-OPERATE OR ELSE!

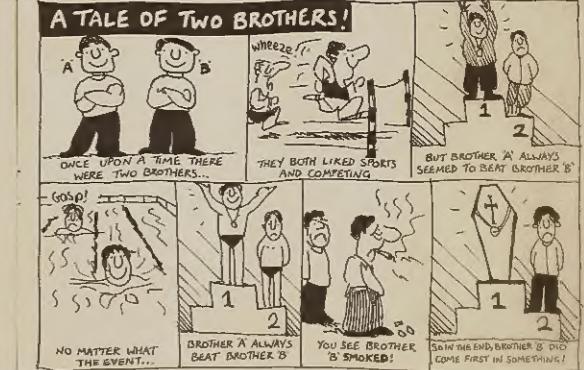
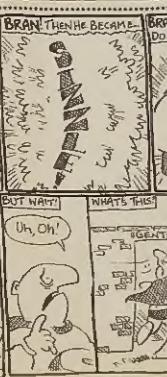


CONTINUED NEXT ISSUE



WHEN DINOSAURS RULED THE EARTH!



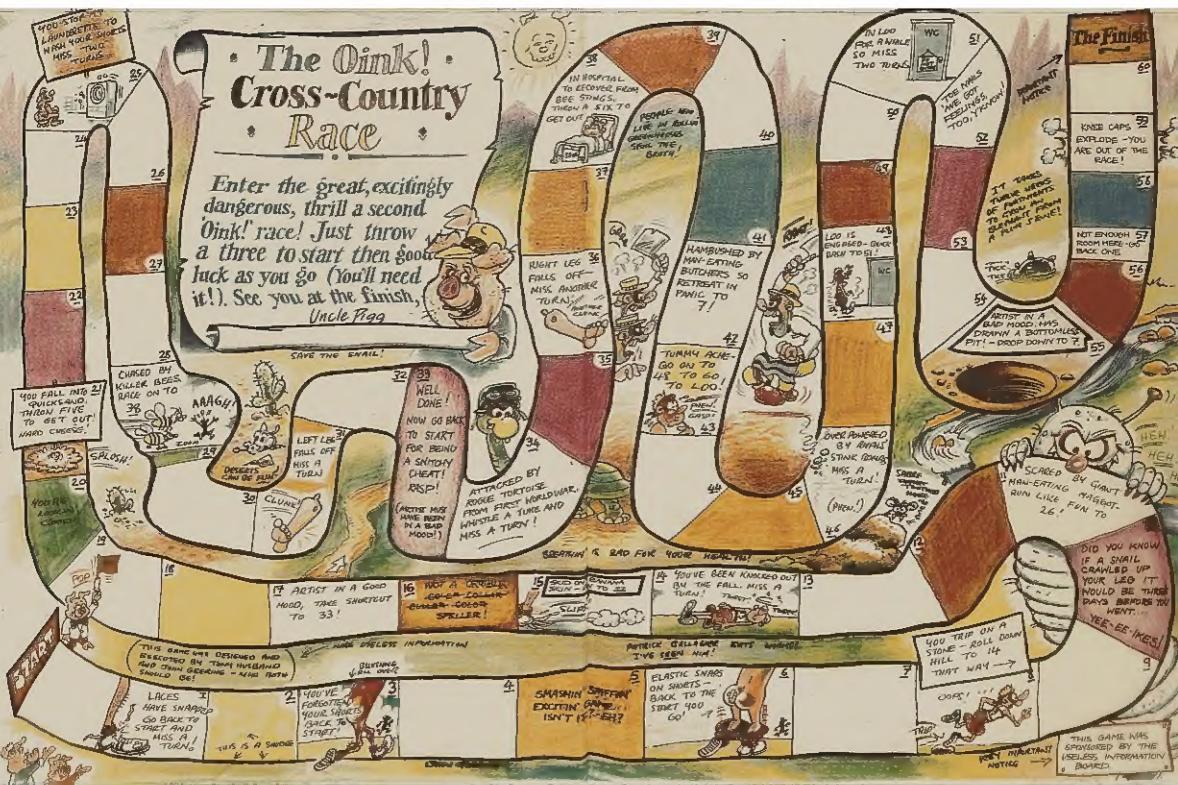




The Oink! Cross-Country Race

Enter the great, excitingly dangerous, thrill a second 'Oink!' race! Just throw a three to start then good luck as you go (You'll need it!). See you at the finish, Uncle Pigg

SAVE THE EMAIL!



DEAD FRED



DOCTOR MOONEY'S HEALTH TIPS!

1 THE FIRST AND MOST IMPORTANT HEALTH TIP I CAN GIVE YOU IS TO ALWAYS LOOK AFTER YOUR BODY! LOOK AFTER YOUR BODY AND YOUR BODY WILL LOOK AFTER YOU!



BY SEVERE NECKACHE IS USUALLY CAUSED BY READING WORDS AT A FUNNY ANGLE!
THIS ISN'T ON NO ACCOUNT MUST YOU DO!

STANDING ON THE HEAD IS AN EFFECTIVE WAY OF SHARPENING YOUR BALANCING SKILLS, BUT FIRST YOU MUST FIND A SUITABLE HEAD TO STAND ON!



2 MORE TIPS! IN ORDER TO STAY HEALTHY, BUY OINK! (OR ELSE I'LL MINCE YOU!)

DOCTOR MOONEY'S HEALTH POEM.
ROSES ARE RED, VIOLETS ARE BLUE
WHAT'RE YOU LOOKING AT DOG FACE?
(THIS RHYMES IF SPOKEN IN SLOVIAN.)
• (SEE BELOW) •

BRAKEN ZEE COO, BORSHOTT AU GLACE
ARKEN DU FACKEN, UN POODLE DI FACE!

3 WEIGHT-LIFTING IS ANOTHER GOOD WAY TO KEEP FIT! BUT YOU MUST ALWAYS MAKE SURE YOUR ROCK CAKES WEIGH MORE THAN A STONE! (NOT SCONE!)

